

# Information for patients and carers

## Urine Catecholamines

Decorative graphic at the bottom of the page consisting of three horizontal, wavy bands of blue. The top band is a light blue, the middle is a medium blue, and the bottom is a dark blue.

## Introduction

This leaflet explains the procedure for collecting a 24-hour urine collection for catecholamines.

## What are catecholamines?

Catecholamines are a group of hormones produced by the adrenal gland in response to physical or emotional stress. They include adrenaline and noradrenaline.

## Why is this test carried out?

After completing their actions, the hormones are broken down into inactive substances. Both the hormones and their breakdown products are removed in the urine. Normally these are present in small amounts. However, if large amounts of catecholamines are produced they can cause high blood pressure. This can result in severe headaches, palpitations, sweating, sickness, anxiety and tingling in the fingers and toes.

## What do I need to do before the test?

You have been provided with:

- A 24-hour urine bottle containing 100ml hydrochloric acid

The urine containers contain a dilute acid preservative. This should not be emptied or washed out. Skin contact should be avoided. Always ensure that the lid is put on tightly and keep the container away from children. Do not pass urine directly into this container.

In the event of accidental contact with skin wash the contact area well with water. If irritation persists, seek medical advice. If contact with the eye occurs irrigate the area with water and seek medical advice.

If swallowed, wash out thoroughly with water and drink plenty of water. Seek medical advice and take the container and this notice with you. In case of spillage mop up carefully wearing rubber gloves.

## How do I collect the urine?

When you wake up on the day of collection (for example at 7 a.m.) pass all urine down the toilet. Do not collect this urine.

Collect all the urine that you pass during the next 24 hours into the container. The following morning (for example at 7 am) empty the bladder completely. This urine is also collected into the container.

Cap the container tightly. It is essential that the container is fully labelled. This should include your name, date of birth, and the date and times of the start and end of urine collection.

It is important that all the urine passed during the 24 hours is collected. If you do not collect all the urine the results will not be valid. Store the bottle in a cool place during the collection.

## What do I do with the urine sample?

Return the urine collection to the Pathology Laboratory at the Royal Preston Hospital (**01772 522607**) or Chorley & South Ribble Hospital (**01257 245255**). Please return the sample on the morning that you complete the collection.

## How will I get the result?

The result will be sent to the doctor who asked for you to be tested.

## Contact details

If you have any questions about the process of collecting a 24-hour urine, please contact the Clinical Biochemistry Department on **01772 522607** between 9am and 5pm.

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.lancsteachinghospitals.nhs.uk/veteran-aware](http://www.lancsteachinghospitals.nhs.uk/veteran-aware)

<https://bepartofresearch.nihr.ac.uk/>

[www.labtestsonline.org.uk](http://www.labtestsonline.org.uk)

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[patientexperienceandinvolve@LTHTR.nhs.uk](mailto:patientexperienceandinvolve@LTHTR.nhs.uk)

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